

**SPECIAL  
POINTS OF  
INTEREST:**

- M & I Practitioners join WebMCH work group
- National Day of Teen Pregnancy
- Board of Education to require opt-in for sex education
- The Kansas 2006 Governor's Public Health Conference will be held on April 11, 12 and 13
- School Nurse and Administrator of the Year nominations due

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# ZIPS

## Zero to age 21: Information Promoting Success

for Public Health Professionals working with Kansas Kids

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### Asthma Friendly Schools Volunteers Recognized Nationally by CDC and EPA

Volunteers working with the Asthma Friendly Schools Initiative (AFSI) in 12 Wichita elementary schools were recognized at two national meetings in January. Blue Valley USD 229 was also honored. The AFSI project is funded by the Centers for Disease Control (CDC) and coordinated by the American Lung Association of Kansas and the Kansas Asthma Coalition. Wichita USD 259 were selected by CDC as one of eight pilot AFSI sites in the United States. The other sites include projects in Arizona, California (3), Maryland, Michigan, and Ohio. The purpose of the two-year grant was to assist asthma coalitions and schools in long-range planning and ultimately to develop an "Asthma Action Plan" for partnering schools.

**Kathy Hubka**, coordinator of health services for Wichita USD 259 and **Chris Tuck**, director of health

services for Seaman USD 345, represented 28 Wichita AFSI volunteers at a focus group in Scottsdale, Ariz in January. They met with representatives from the other seven sites to review progress and recommend changes in the AFSI program that the American Lung Association will modify for implementation nationwide.

The Wichita project completed four major goals in 2004-05:

1. revised USD 259 Chronic Care Policies that may be used as models in other Kansas schools,
2. initiated indoor air quality (IAQ) assessments and protocols in 101 Wichita school buildings,
3. identified specific pediatric asthma data, and
4. trained schools nurses as asthma educators and provided patient education to families.

*Pictured: Left to Right: Jill Markowitz - Asthma Friendly Schools Consultant; Lynne Crabtree - ALA of Kansas Program Manager; Janette Donald - Asthma Friendly Schools Grant Manager; Cindy Wright - Open Airways Specialist; Kathy Hubka - Wichita USD 259; Katherine Pruitt - Vice President of Programs ALA; Chris Tuck - Seaman USD 345*



Article by Kathy Hubka, Coordinator of Health Services for Wichita Public Schools and Photo by Chris Tuck, Director of Health Services for Seaman Schools

### April is Child Abuse Prevention Month



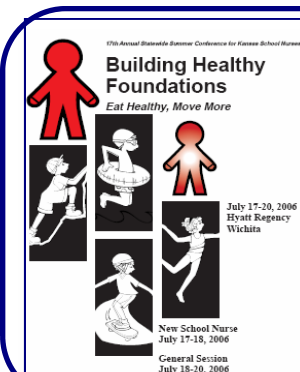
**Anything you do to support kids and parents can help reduce the stress that often leads to abuse and neglect.**

*Be a friend to a parent you know.* Ask how their children are doing. Draw on your own experiences to provide reassurance and support. If

a parent seems to be struggling, offer to baby-sit or run errands, or just lend a friendly ear. Show you understand. *Be a friend to a child you know.* Remember their names. Smile when you talk with them. Ask them about their day at school. Send them a card in the mail. Show you care. *Talk to your neighbors about looking out for one another's children.* Encourage a supportive spirit among parents in your neighborhood, apartment building, or on your block. Show that you're involved. *Give your used clothing, furniture, and toys for use by another family.* This

can help relieve the stress of financial burdens that parents sometimes take out on their kids.

The above information is provided by Prevent Child Abuse America. For more ideas and resources, please go to <http://www.preventchildabuse.org/> and please visit the National Clearinghouse on Child Abuse and Neglect <http://nccanch.acf.hhs.gov/topics/prevention/>



The School Nurse Summer Conference Brochure has been mailed out to school nurses. You may also access the brochure and online registration at: <http://webs.wichita.edu/?u=conted&p=/conference>

# PERINATAL HEALTH

Joe Kotsch, Perinatal Consultant

## Local Highlights: Greeley County

What's happening in the world of MCH in Greeley County you ask? Recently, I learned that the Healthy Start Home Visitor (HSHV) has begun to receive referrals from physicians in her local hospital system. As a result from her efforts in gaining the confidence of these local physicians, she has been able to provide education on parenting techniques, breastfeeding, developmentally appropriate childcare practices and the appropriate use and placement of car seats with newly delivered mothers/families at the local hospital. In addition, the HSHV reported giving parenting/infant care information to a Sri Lankan couple who were new parents. In addition, she helped them to understand how the health care system works in the United States versus what they would have experienced in their homeland. The HSHV reported the couple was appreciative of the information that she was able to provide them. Many and varied are the MCH success stories from across the great State of Kansas. Please send stories from your local area to [jkotsch@kdheks.gov](mailto:jkotsch@kdheks.gov) so that we may all share in your success.

**Always do right. This will gratify some people,  
and astonish the rest.**  
— Mark Twain

## Seat Belt Safety for Pregnant Women



Some sort of trauma affects an estimated 1 in 12 pregnancies. About two thirds of all trauma during pregnancy is caused by motor vehicle accidents. In Kansas, the available data is unclear with regard to the number of pregnant women involved in injury motor vehicle accidents. However, what we do know is that there were 40,449 live births in 2004 and there were over 17,000 total injury accidents in the 15-44-age range. Thus, it is probable that pregnant women were injured in motor vehicle

accidents. Pregnant women benefit from receiving information regarding the proper use of safety restraints while driving or riding in a motor vehicle.

Physicians caring for pregnant women recommend that pregnant women wear safety belts while in a motor vehicle. In a crash, the use of seat belts and air bags work in tandem to offer the best protection for the pregnant woman and her unborn child. The proper placement of the lap belt should be adjusted to fit across the woman's hips/pelvis and below her belly. Whereas, the shoulder belt should be placed across her chest between the breasts and away from her neck. For more information on how to help prevent injury to pregnant women resulting from motor vehicle accidents by the proper use of safety restraints go to: <http://www.nhtsa.dot.gov/>

## New Rotavirus Vaccine for Infants Recommended

The Advisory Committee on Immunization Practices (ACIP) has recommended use of Rotateq to protect infants from contracting a rotavirus infection. Further, ACIP recommends that infants be given three doses of the oral vaccine at two, four and six months of age. More broadly, children should receive the first dose of this vaccine by twelve weeks of age and have completed the third dose by no later than 32 weeks of age in order to ensure safety and efficacy according to the available research on this vaccine. The incidence of infection by rotavirus is so common that most children will become infected by their fifth birthday and many develop gastroenteritis. In this vulnerable population of children, gastroenteritis presents oftentimes with severe diarrhea and vomiting leading to dehydration. The chil-

dren experiencing these symptoms are often hospitalized and/or seen in the emergency room for fluid and electrolyte replacement therapy and require supportive care. Rotavirus is transmitted by the oral-fecal route through the consumption of contaminated foods and hand to mouth oral stimulation pursued by very young children. Immunization with Rotateq (the only vaccine approved in the U. S. for rotavirus gastroenteritis), should help to preserve valuable healthcare resources by helping to prevent the occurrence of rotavirus infection. For more information on rotavirus and preventive vaccines go to: [www.cdc.gov](http://www.cdc.gov) and search for "rotavirus".



## Breastfeeding News

This month we celebrate the successful passage of House Bill number 2284 by the Kansas House of Representatives and approved by the governor on March 6. This bill makes it public policy to support and encourage a mother's choice to breastfeed her child. Further, there is language in the bill that allows mothers to breastfeed in any place they have a right to be.

We celebrated the retirement of Mary Washburn, a long-time advocate of breastfeeding and an integral partner in the WIC Program at KDHE, with a retirement party in the Crumrine Conference Room on the fifth floor of the Curtis State Office Bldg. in Topeka on March 31. We celebrated her years of service to the Kansas WIC Program and to mothers who choose breastfeeding for their infants.

On another note, fathers are in need of support and education in how best to help their wives who choose breastfeeding as a nutrition option for their infants. Go to: <http://www.fns.usda.gov/wic/fathers/supportingbreastfeeding.htm> for some great ideas on how to involve and support fathers. The end result will be increases in both initiation and duration of breastfeeding leading to healthier outcomes for children.



# CHILD HEALTH

Brenda Nickel, Child Health Consultant

## M & I Practitioners Accept Invitation to Join WebMCH Data Collection System Working Group



The WebMCH Data Collection System is currently under construction with the help of KDHE consultants and Maternal and Infant practitioners from various health departments. Due to the diversity of our state and the practitioners providing prenatal services, an invitation was extended to a group of nurses who provide M & I services daily.

Joseph Kotsch, perinatal consultant and Brenda Nickel, child and school health consultant, have been facilitating a work group that has been tasked with bringing together "best practice" forms, anticipatory guidance tools, screening tools, and philosophies to develop the M & I portion of the WebMCH Data Collection System.



County practitioners Terrie Garrison, Wyandotte; Jane Sunderland, Nemaha; Stephanie Wolf, Saline; Judy Willet, Shawnee; Debra Whiteman, Johnson; and Nancy Jorn, Douglas; have met four times since the MCH Data Collection Kick-off January 26 to work on the M & I portion of the data collection system being developed. In six hour work sessions, this energetic group of practitioners are engaging in form review / development, discussion of best practices, addressing standards and

report considerations depending on whether or not the agency providing M & I services is an "enabling services" model or a direct medical services provider.

Progress towards development of a web-based collection system is being made and the prospect of a computerized data collection system / medical records system has this group of MCH providers looking forward to previewing the proposed WebMCH Data Collection System. However, perhaps the most exciting outcome of this work-group has been in the appreciation that these various practitioners have expressed in having the opportunity to share their programs and learn about the diverse practices and challenges faced by their peers in the provision of MCH services. Through this appreciation, the group is working together mindful of their colleagues in frontier settings as well as in the densely populated urban settings, understanding that regardless of where nurses are providing services, the desire to impact healthful outcomes of our Kansas women and their children is a goal shared by all providers.



*Pictured: Top, (left to right): Judy Willet, Terrie Garrison, and Jane Sunderland; lower left: Debra Whiteman; top right: Stephanie Wolf; bottom right: Nancy Jorn and Joseph Kotsch;*

## Publications Provide Valuable Information / Resources for Public Health Practitioners on Childhood Obesity

### Kansas Action for Children's Report: Vending Machines in Kansas Schools: jeopardizing the student body.

Kansas Action for Children has published this report to raise awareness of the status of Kansas families and children about the increasing child obesity rates. This publication specifically addresses the concerns about the presence of vending machines in Kansas schools and provides valuable information about commercialism in schools, policy implications, and an overview about the over-consumption of soft drinks and unhealthy snacks on the health and well-being of children. To view the complete report, visit [www.kac.org/puball.html](http://www.kac.org/puball.html)

### Childhood Obesity the Focus of New Issue of the Future of Children Journal by Princeton/Brookings

The Woodrow Wilson School at Princeton University and the Brookings Institution are

pleased to announce the release of the newest volume of their jointly published journal, The Future of Children, Childhood Obesity (Vol. 16, No. 1). This issue features nine articles on the high and rising rates of overweight and obesity among U.S. children, presenting evidence on the multiple causes, consequences, and methods of dealing with the growing problem. To download the full journal issue, go to [www.futureofchildren.org/pubs-info2825/pubs-info\\_show.htm?doc\\_id=349724](http://www.futureofchildren.org/pubs-info2825/pubs-info_show.htm?doc_id=349724)



## The Health and Well-Being of Children:

### A Portrait of States and the Nation 2005 Report



A new HRSA publication, [The Health and Well-Being of Children: A Portrait of States and the Nation 2005](http://www.futureofchildren.org/pubs-info2825/pubs-info_show.htm?doc_id=349724), indicates that, in general, U.S. children are in good health and grow up in healthy environments. The report, an overview of broad health characteristics for children, brings together national and state-level data for the first time. It also points to a need to improve access to health care for children from low-income families, those with no health insurance, and children with special health care needs.

For information about our Kansas children, visit <http://www.mchb.hrsa.gov/thechild/states/kansas.htm>



# ADOLESCENT HEALTH

Jane Stueve, Adolescent Health Consultant

## Snowman T-Shirt Not What It Seems



One of the hottest-selling T-shirts around the country shows snowman with a blank look. It is not meant to represent a snowman built on a snow day. The image comes from a drug dealer-turned-rapper, Young Jeezy. The snowman symbolizes cocaine more commonly known as snow.

Anti-drug campaigners and education officials are alarmed, saying the T-shirt and others like it are part of sophisticated marketing campaigns using coded symbols for drug culture that parents and teachers are not likely to understand. Some schools are banning kids from wearing the snowman images. Young Jeezy's hit debut album, "Let's Get It: Thug Motivation 101," features the rap song, "Get it? Jeezy the Snowman/ I'm iced out, plus I got that snow, man."

## Fatherhood Summit: The Importance of a Fathers Legacy



The Fatherhood Summit made a return appearance in Wichita, March 19 -21. The main theme of the Summit was the importance of a father's legacy. Key points made at sessions include:

- The research is clear, father factors significantly in to the lives of their children.
- Babies who have secure relationships with their fathers are 2.5 times more likely to show happiness
- One in 12 American children is living in a household headed by a grandparent or other relative.
- There are four values to happiness: 1. Love, 2. Dignity, 3. Respect, and 4. Trust.
- Dating is about becoming the right person; not finding the right person.
- NAMI (National Alliance for the Mentally Ill) offers workshops for families dealing with mental illness. Call 1-800-539-2660.



## No Bones About It! Calcium Consumption in the Tween and Teen Years Important in Forming Healthy Adult Bones

It takes calcium to build strong bones. So calcium is especially important during the tween and teen years, when bones are growing their fastest. Boys and girls in these age groups have calcium needs that they can't make up for later in life. In fact, by the time teens finish their growth spurts around age 17, 90 percent of their bone mass is established. Unfortunately, fewer than one in 10 girls and only one in four boys ages 9 to 13 are at or above their adequate intake of calcium. This lack of calcium has a big impact on bones and teeth. With concerns about the presence of vending machines on school campuses often offering less than nutritious snacks and drink choices, the risk for not consuming enough calcium in these "bone formative years" is a reality. In addition to low-fat or fat-free milk, there are a lot of ways for tweens and teens to get the calcium they need each day. Learn more at [www.nichd.nih.gov/milk/milk.cfm](http://www.nichd.nih.gov/milk/milk.cfm)

- Fatherless homes produce 70 percent of juveniles in reform and long-term prison inmates.
- Kinship Navigator Program is provided by Kansas Children's Service League (KCSL), Wichita office, to help grandparents raising grandchildren navigate the system. Contact B.J. Gore at 316-942-4261 or [bjgore@kcsl.org](mailto:bjgore@kcsl.org) for more information.
- Most Kansas laws are written to protect parent's rights, not children's rights.
- Father's tend to provide more verbal and physical stimulation to babies.
- 80 percent of parents in state prisons have contact with their child. More than 50 percent of all prisoners have at least one child under age 18 (average age is 8).
- Successful fathers tell their children they are loved and know they are important and valued.
- Involved fathers

## Wait Training Workshop: How to Teach Teens to Abstain



WAIT training was presented at a seminar in Kansas City, Kan, in March. The trainer was a 19-year health and physical education teacher and coach. The WAIT training began in 2001 targeting the confusing and provocative messages media are using to encourage product purchases and giving a subliminal message to our teens to engage in risk taking behavior. The WAIT workshop trained a core group of 26 to empower teens to reach the goal of abstaining from high-risk behavior through character development, relationship skills and abstinence until and in preparation for marriage. The attendees were empowered with skills to provide leadership and community mobilization, and educational tools to promote healthy behaviors around relationship skills, character formation, and setting personal boundaries. For more information on providing the WAIT training in your area go to [www.waittraining.com](http://www.waittraining.com).



**If there is anything we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves.**

— Carl Jung

# PUBLIC HEALTH

Children and Families Section, Brenda Nickel, Child & School Health Consultant

## Pandemic Influenza: School and Public Health Nurses Role in Disease Surveillance



School nurses are invaluable in the identification of possible communicable diseases due to their expertise in assessment of symptoms, quickly identifying a possible outbreak as rates of school absences increase and students report to the school clinic with similar symptoms. In addition, school nurses work closely with their colleagues in local health departments, clinics, and hospitals sharing informa-

tion about disease trends and assisting public health officials in managing disease outbreaks in school aged populations.

The Department of Health and Human Services (HHS) and the Centers for Disease Control (CDC) have developed a checklist to assist local educational agencies in the development and/or improvement of plans to prepare for and respond to an influenza pandemic. The checklist can be found at: <http://www.pandemicflu.gov/plan/schoolchecklist.html>. School nurses and other public health professionals are strongly encouraged to review the Kansas Pandemic Influenza Preparedness and Response Plan at

[www.kdheks.gov/flu/pandemic\\_influenza.html](http://www.kdheks.gov/flu/pandemic_influenza.html). World Health Organization [www.who.int/csr/disease/avian\\_influenza/en/index.html](http://www.who.int/csr/disease/avian_influenza/en/index.html) and For information about Avian Flu and other flu, visit Center of Disease [www.cdc.gov/flu/avian/index.html](http://www.cdc.gov/flu/avian/index.html) information. There is helpful information and resources available, including the planning guides, checklists, and health recommendations to provide timely and current resources to members of the communities that nurses and other professionals serve and reside in.

## Recall of Children's Products Containing Lead



**WASHINGTON, D.C.** - The U.S. Consumer Product Safety Commission, in cooperation with the firms named below, announced a voluntary recall of the following consumer products. Consumers should stop using recalled products immediately unless otherwise instructed.

**Name of Product:** Reebok Heart-Shaped Charm Bracelets

**Importer:** Reebok International Ltd., of Canton, MA. Manufactured in: China

**Hazard:** The recalled jewelry contains high levels of lead, posing a risk of lead poisoning and adverse health effects to young children. Reebok has received a report of a death caused by lead poisoning of a 4-year-old child from Minneapolis, Minn. The child reportedly swallowed a piece from one of these bracelets.

**Sold at:** Major shoe stores nationwide from May 2004 through March 2006. The manufacturer's retail price of the shoes ranged between \$33 and \$50.

**Remedy:** Consumers should immediately take the charm bracelets away from children and dispose of the entire bracelet.

**Consumer Contact:** For additional information, contact Reebok at (800) 994-6260 between 8 a.m. and 5 p.m. ET Monday through Friday, or visit Reebok's Web site at [www.reebok.com](http://www.reebok.com)

**Name of Product:** Dollar Tree Mood Necklace and Ring, Glow-in-the Dark Necklace and Ring, and UV Necklace and Ring Manufactured in: China

**Hazard:** The recalled jewelry contains high levels of lead, posing a serious risk of lead poisoning and adverse health effects

**Description:** Silver in color, adjustable, and have one of a variety of designs with a toy "gem" in the center. The necklaces have a black string with silver colored clasps and a silver charm with a "gem" in the center. The following are printed on the charms' packaging: "Mood Necklace," "Mood Ring," "Glow in the Dark Necklace," "Glow in the Dark Ring," "UV Necklace" or "UV Ring." The "UV" jewelry packaging reads, "The Sun's Energy Will Change The Color." On the reverse of the packaging are



"SKU#815485" and the name "Mannix."

**Remedy:** Consumers should immediately take this jewelry away from children. Consumers should return the recalled jewelry to the store where purchased for a refund.

**Consumer Contact:** For additional information, contact Dollar Tree Stores Inc. at (800) 876-8077 between 9 a.m. and 5 p.m. ET Monday through Friday, or visit the firm's Web site at [www.dollartree.com](http://www.dollartree.com)

This information was provided by Jessica Brack, Child Lead Poisoning Prevention Program. For more information, you may contact Jessica at [jbrack@kdhe.state.ks.us](mailto:jbrack@kdhe.state.ks.us)

### Ask Ken!

(About CVRs)

**Q:** When the baby has it's first visit, does the baby get a unique ID number in M&I also?

**A:** Yes, if the baby has services performed, then the baby needs a number. KIPHS can assign a number. When the umbilical cord is cut, the child needs its own number to receive any direct services.

**Q:** On Annual Gross Family/Household Income, is 88888 no longer used for refusal?

**A:** That is correct, 88888 is no longer used for refusal. "Refusal" has been collapsed together with "unknown" or "not reported" and is entered on the paper CVR as 99999. If they have no income, 00000 would be entered. In the electronic CVR format, select the appropriate code. All numbers represent an income amount.

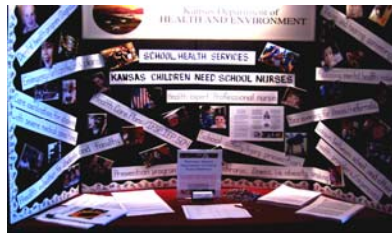


# SCHOOL HEALTH

Brenda Nickel, Child Health Consultant

## Student Health Issues Seminar Attended by School Nurses

Several school nurses joined Board of Education members, district administrators, and educators from Kansas's school districts in Topeka on March 1 to learn about issues impacting student health. Topics on current legislation, school finance, human sexuality, vending machines, head lice, physical education, immunizations, and self-medication filled the agenda for the day. Presenters with expertise in law, education, and health provided timely information for attendees, including statutes and regulations that address health of students. Clarification on the Dental Inspection Law 72-5201,



72-5202, 72-5203, implications of excluding students who are out of compliance for school entry physical examinations and immunization requirements, options to consider when parents don't follow up, were offered by Board attorneys. In addition, Lesa Roberts, BSN, RN, KDHE Epidemiology Section, and David Shriver, Attorney, KASB, covered new proposals for management of head lice infestations in the school setting.

**Left:** Donna L. Whiteman, Assistant Executive Director / Attorney, KASB, presents information about legal considerations for AED use in

school, medication policies, and contagious disease considerations.

**Left:** Children and Families Section Exhibit provides information about School Health Services and School Nurses.

Exhibitors invited to provide information to attendees was the Coordinated School Health Program at KDHE, Oral Health Kansas, and the Children and Families Section at KDHE. Participants of the conference heralded the content of the seminar and enjoyed visiting the exhibits that addressed health promotion / prevention programs, oral health issues / resources, and promotion for school nurses in Kansas schools. For more information about school health and public health law, click on <http://www.lawsources.com/also/usa.cgi?ks> and begin to explore Kansas laws.

**You will be better advised to watch what we do instead of what we say. — John Newton Mitchell**



## Kansas State Board of Education: Human Sexuality Education Will Require Opt-In



In March, the Kansas State Board of Education changed rules for the provision of human sexuality education in Kansas. Under a new rule, written permission from parents will be required before students are allowed to

receive human sexuality education in public schools. Currently, most districts "assume" a child will remain in class during health education that has human sexuality content, however parents may choose to have their student "opt-out" during content related to human sexuality. As districts begin to explore this new ruling, school nurses may be invited to participate in discussion within their districts regarding this issue. Thoughtful exploration of curriculum, support of human sexuality education, and encouraging the involvement of parents in the education of their children in the area of human sexuality, being mindful of current issues related to this subject, will require equally thoughtful, realistic recommendations from educators and health providers alike.



## Jennifer Reichetter: Second Year School Nurse, Royal Valley USD 337's First School Nurse



I had an opportunity to be invited to spend the day with Jennifer on March 14 at one of the three schools that Jennifer serves, Royal Valley High School.

Prior to accepting her position with the Royal Valley school district, Jennifer worked as a public health nurse in Jackson County and was one of the nurses contracted to provide basic school health screenings / disease surveillance. In addition, Jennifer's experiences as an emergency room nurse has provided her with a strong background as an independent practitioner that has served her well in her newly established school nurse practice. Under the leadership of John Rundle, Superintendent of Schools, a part-time school nurse position was created so that the increasingly diverse health needs of children attending school in the Hoyt and Mayetta communities could be met. Jennifer covers three attendance centers providing health screenings /

referrals, health education and guidance, development of healthcare plans, and immunization surveillance. But most notably, while meeting the demands as the district's health expert, Jennifer aspires to develop policies, procedures, and protocols to assist her in her current practice. Jennifer's energy seems endless as she goes about consulting with faculty, students, her colleagues at the public health department, as well as meeting the needs of her young family while her husband works in those southern states affected by Hurricane Katrina last August.

Our day quickly passed as we talked about care plans, policy development, and health issues impacting her students and schools. I also had the opportunity to meet the district's superintendent, John Rundle. As I left Hoyt and headed back to Topeka, I was once again so inspired about the boundless energy and creativity that was shared with me by one of our Kansas school nurses and found myself anxious to meet the other new school nurses that would be joining school nurse practice this coming year!

## EVENTS

## SAVE THE DATE!

**The Kansas 2006 Governor's Public Health Conference** will be held on April 11, 12 and 13, at the Hyatt Regency Hotel in Wichita. This conference will focus on partnering and taking steps together to make our communities in Kansas healthier places to live and grow. Previous Spring conferences (MCH Conference, KPHA Conference, and the Public Health Nursing Conference) are being combined to better serve health professionals in Kansas. Plan now to attend. Registration and brochure available at <http://ks.train.org>

**"All Things Are Possible" 2nd Annual Autism Conference**, April 22 from 8 a.m. to 4 p.m. at Dodge City High School, 2201 Ross Blvd., Dodge City. Sponsored by Child Care Resource and Referral Agency. Keynote speakers will be **Dr. William Shaw** on Multifactorial Causes of Autism and PDD and **Eustacia Cutler**, A Thorn in My Pocket, Mother of Temple Grandin Tells the Family Story. Registration is \$40 for professionals and \$20 for parents (includes lunch). Call (620)227-8344 for more information and to register.

**National Physical Fitness and Sports Month and National Physical Education and Sport Week (May 1-7)**, the National Association for Sport and Physical Education (NASPE) [www.naspeinfo.org](http://www.naspeinfo.org) and Walk4Life, Inc. [www.walk4life.org](http://www.walk4life.org) have teamed up to remind parents that children learn by example and have 101 suggestions for getting more physically active with their new brochure, 101 Tips for Family Fitness Fun. To receive a free copy of 101 Tips for Family Fitness Fun and information about bulk rate costs, e-mail Janice Lee-Beverly of NASPE at [jlee-beverly@aahperd.org](mailto:jlee-beverly@aahperd.org). To purchase copies, call 1-800-321-0789. Stock number is 304-10322. For those of you needing Spanish brochures, NASPE also has 99 Consejos Divertidos para una Familia en Forma.

The Mental Health Association of the Heartland and HOMEFRONT with a grant from the Kansas Social Rehabilitation Services is proud to announce the May 2006 Children's Mental Health Conference: **Children & Resiliency: Nurturing our Children's Mental Health** May 11-12, 2006 Jack Reardon Convention Center - Kansas City, Kansas. Class sizes are limited, so **REGISTER TODAY!** Registration will be accepted on a first-come-first-served basis. For more information or to download a brochure, log onto [www.mhah.org/events/index.html](http://www.mhah.org/events/index.html)

**National Association of School Nurses 38th Annual Conference** June 30 - July 3, 2006 (Pre-conference days: June 28 & 29, 2006) New York Marriott Marquis - 1535 Broadway, New York, NY 10036



**Conference Goal:** The NASN Conference advances the specialty practice of school nursing by strengthening school nursing skills needed to; deliver nursing services, provide leadership, coordinate services between school and community, and support health education to clients. For conference information and register on-line, visit <http://www.nasn.org>



## RESOURCES

The new edition of **Knowledge Path: Children with Special Health Care Needs** offers a selection of current, high-quality resources about caring for children and adolescents with special health care needs. Produced by the MCH Library, the knowledge path includes information on (and links to) Web sites, electronic and print publications, databases and online discussion groups for health professionals, policymakers, program administrators, and families. Separate sections list resources on specific aspects of care and development such as adolescent transition, advocacy, financing, and screening. The knowledge path is available at [http://www.mchlibrary.info/KnowledgePaths/kp\\_CSHCN.html](http://www.mchlibrary.info/KnowledgePaths/kp_CSHCN.html). MCH Library knowledge paths on other maternal and child health topics are available at <http://www.mchlibrary.info/KnowledgePaths/index.html>. The MCH Library welcomes feedback on the usefulness and value of these knowledge paths. A feedback form is available at <http://www.mchlibrary.info/KnowledgePaths/feedback.html>.

**A new tool from Seattle Public Schools** will help students size up whether their snacks pass muster under the district's strict nutrition guidelines. Plug a few key numbers into the district's new online nutrition calculator, and children, parents and community members can determine whether that healthful-looking PowerBar or small bag of pretzels is as nutritious as it first appeared. The calculator allows districts to determine the nutrient values of competitive foods compared to the District's own nutrition standards. [http://seattlepi.nwsource.com/local/258482\\_nutrition07.html](http://seattlepi.nwsource.com/local/258482_nutrition07.html) (click on the calculator link).

**School District (K-12) Pandemic Influenza Planning Checklist** Local educational agencies (LEAs) play an integral role in protecting the health and safety of their district's staff, students and their families. The Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC) have developed the following checklist to assist LEAs in developing and/or improving plans to prepare for and respond to an influenza pandemic. Building a strong relationship with the local health department is critical for developing a meaningful plan. The key planning activities in this checklist build upon existing contingency plans recommended for school districts by the U.S. Department of Education ([Practical Information on Crisis Planning: A Guide For Schools and Communities \(PDF\)](http://www.ed.gov/pressrel/05/050506a.html) (1.56MB). Further information on pandemic influenza can be found at [www.pandemicflu.gov](http://www.pandemicflu.gov).

**Culture Clues™** are tip sheets for clinicians, designed to increase awareness about concepts and preferences of patients from the diverse cultures served by University of Washington Medical Center. This is a useful web site: <http://depts.washington.edu/pfes/cultureclues.html>

There is a **support group for Grandparents** whom are raising grandchildren for their incarcerated children. Contact The Kansas Children's Service League at [www.kcsl.org](http://www.kcsl.org) 877-530-5275

**Children are the sum of what parents contribute to their lives.**

— **Richard L. Strauss**



**The State of Kansas  
Department of Health and Environment**

Bureau for Children, Youth and Families

Children and Families Section

1000 SW Jackson, Suite 220

Topeka, KS 66612-1274

Phone: 1-800-332-6262 (Make a Difference)

1-785-296-1307 (Administration)

*Providing leadership to enhance the health of Kansas women and children through partnerships with families and communities.*

**Welcome to ZIPS: Zero to Age 21 — Information Promoting Success for Public Health Professionals Working with Kansas Kids.** We hope this newsletter continues to be a useful resource for you, and we encourage you to give us your comments, feedback and suggestions.

Previous editions of ZIPS can be found at:

<http://www.kdheks.gov/c-f/zips/>

**Contact one of the following for more information on programs:**

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## National Day to Prevent Teen Pregnancy

Thousands of teens nationwide are expected to participate in the fifth annual National Day to Prevent Teen Pregnancy taking place on May 3. The National Day is organized to reach teens directly through an innovative, online quiz. On **May 3** (and for a few weeks thereafter), teens will be encouraged to go online to the National Campaign to Prevent Teen Pregnancy's Web site -- [www.teenpregnancy.org](http://www.teenpregnancy.org) -- to take a short, engaging, and informative quiz that asks teens to reflect on the best course of action in a number of tough and realistic sexual situations. The American School Health Association has agreed to help make sure that the 2006 National Day is a success. Organized by the National Campaign, the National Day has widespread support, including National Day founding partners *Teen People* magazine and *Teen People online*, over 150 national organizations and media outlets who serve as official National Day partners, and financial support from the Candie's Foundation. Over 630,000 people participated in the 2005 National Day to Prevent Teen Pregnancy. A survey of some of those who participated in 2005 indicates the Quiz is a success:

- 84 percent said the Quiz made them think about what they might do in such situations;
- 66 percent said the Quiz made the risks of sex and teen pregnancy seem more real to them; and
- 63 percent said they'd encourage others to take the Quiz.

For ideas on how you can help promote the National Day, please visit <http://www.teenpregnancy.org/national>.



**What's Your Role  
in a Pandemic Flu  
Outbreak?**

To learn more about your role as a health professional, citizens, and family member, visit the Center for Public Health Preparedness at [www.kdheks.gov/biot/](http://www.kdheks.gov/biot/).



# **Requesting School Nurse / School Nurse Administrator / Administrator of the Year Nominations**

## **Purpose:**

*KSNO has established the school nurse, school nurse administrator, and school administrator awards to recognize outstanding professionals in their fields.*

*To emphasize the contribution of Kansas school nurses by recognizing one school nurse each year that demonstrates excellence and professionalism in school nursing practice.*

*To recognize one or more administrators (Superintendent or Principal) during the Kansas School Nurse Conference.*

## **Nomination Procedure for School Nurse of the Year:**



1. State nominee's name, current position (including career history as a school nurse), home address, and home and business phone numbers.
2. State your name, title, home address, and home and business phone numbers.
3. Provide narrative describing the nominee's contribution including examples from the following areas where applicable: provider of client care, program management, health education, professional development, political/legislative activity, community involvement, and research.
4. Include supporting letters, minimum of two and maximum of six. Letters may be from school nurse peers, administrators.

## **Nomination Procedure for Administrator of the Year:**



### **Criteria:**

1. Effective advocate for child/student well being and/or
2. Effective advocate for delivery of school health services to students.

### **Include:**

1. Your name and business and home address, and home phone numbers.
2. Nominee's name, position, home and business address and phone numbers.

## **Nomination Procedure for School Nurse Administrator:**



1. State nominee's name, current position (including career history as a school nurse/administrator), home address, and home and business phone numbers.
2. State your name, title, home address, and home and business phone numbers.
3. Provide narrative describing the nominee's contribution including examples from the following areas where applicable: provider of client care, program management, health education, professional development, political/legislative activity, community involvement, and research.
4. Include supporting letters, minimum of two and maximum of six. Letters may be from school nurse peers, administrators, supervisors, teachers, parents, students, or others.

## **Deadline**

**April 30, 2006**

### **Send to:**

Joann Wheeler

8920 Jamesburg

Wichita, Kansas 67212

E-mail: [rory\\_wheeler@sbcglobal.net](mailto:rory_wheeler@sbcglobal.net)